

# TIGNES TRAIL 2018 – RULES

## ORGANISATION

Tignes Développement organises "Le Tignes Trail" in partnership with the association l'AS Croiss.

### What is « Tignes Trail »?

« Tignes Trail » is an event composed of several outdoor races which take place on different trails of Tignes. 2018 edition will take place 18th and 19th August.

Each race is organised in one stage. You can perform it at your own speed; however you have to respect time limits.

- "La Tignes Hard": A race on 600 positive vertical meters. The idea is simple: reach the top of the mountain as many times as you can in a limited time. You will use the gondola to go down the slope. Departure on Saturday 18th August, alone or in pair (relay race). The limited time is 3 hours.
- A trail for children: 3km\* (Lac – Lavachet – Savouna – Lac). Departure on Saturday 18th August.
- "Le Tignes Trail": for the race of 12km\* long (650 positive vertical meters), the time limit is 4 hours. Departure on Sunday 19th August.
- "Le Tignes Trail": for the race of 20km\* long (1,300 positive vertical meters), the time limit is 6 hours. Departure on Sunday 19th August.

\*3km = 1.9mi

\*12km = 7.5mi

\*20km = 12.5mi

## EQUIPMENT

### "Tignes Hard" and "Tignes Trail" 12km/20km

#### Mandatory:

Water (at least 0.5L), snack, 1 windcheater, 1 whistle, backpack, mobile phone (charged, switched on, working with a French network, with the emergency number registered in), survival blanket.

**Every participant will need to keep in his backpack all the mandatory equipment demanded by the organisation. The equipment will be checked before the departure of the race for every runner. Some checks will also randomly take place on the finish line and/or at any time of race. These checks can be realised if the board of directors has any doubt on one of the runner.**

**Any missing equipment will be punished by the board of directors (time penalty or disqualification).**

**Advised:** sunscreen and sunglasses

**Not allowed:** for security reasons, poles are not allowed during the races (except for "La Tignes Hard").

## **RACE BRIEFING**

Except for the children trail opened to children from 7 to 15 years old, all these races are opened to everyone older than 16 years old: women or men, member of a sport federation or not. For minor people (from 16 to 18 years old), a parental permission is mandatory.

All participants (children and adults) **must** present at their registration a medical certificate attesting their physical capacity for running in competition.

## **CATEGORIES**

"Vétérans 4" : 1948 and born before

"Vétérans 3" : 1949 à 1958

"Vétérans 2" : 1959 à 1968

"Vétérans 1" : 1969 à 1978

"Séniors" : 1979 à 1995

"Espoir" : 1996 à 1998

"Junior" : 1999 à 2000

"Cadet" : 2001 à 2002

## **GET YOUR BIB**

For the races on Saturday 18<sup>th</sup> August, you will be able to get your bib at the departure tent on the main place of Tignes le Lac. The hours to get your bib will be given few days before the event.

For the races on Sunday 19<sup>th</sup> August, you will be able to get your bib at the departure tent on the main place of Tignes le Lac. The hours to get your bib will be given few days before the event.

Your bib has to be visible at any time of the race. You can hang it either on your chest or your thigh.

Each bib will be given individually to each participant, you will need to present your **ID card** and sign in exchange. By signing, you will confirm your participation to the race and accept the whole regulation of this event. If you finally decide not to perform the race, please let the organisation know about it and bring back your bib as soon as possible to a member of the organisation.

(Take some safety pin to hang your bib).

## **MEDICAL ASSISTANCE, SAFETY, GIVING UP**

The safety and the success of the event will be ensured by people along the trails, first-aid workers and medical staff. An advanced medical post and a race HQ will be set up. People along the trails and first-aid workers will be liaised with the race HQ will through mobile phone or radio.

A medical team will be present in the arrival area in Tignes. Even if the best means concerning the security are taken, given the location of the event, taking action is more difficult and can take longer than in an urban area. Your safety will depend on the quality of your equipment.

Fees linked to the use of specific assistance means will be at the expense of the rescued person.

Emergency services are planned to help any person in danger, either by the own means of the organisation or by means authorized by the Social Security.

Except if the health of the runner is seriously in danger and requires an emergency evacuation, the runner is not allowed to give up the race at another location than a check point (offering a repatriation possibility).

Runners with difficulties to perform the race or with bad injuries have to call emergency services:

- By calling the race HQ
- By asking to another runner to warn emergency services
- By calling 112

Every runner has to help any other runner in danger and warn medical assistance. In case of lack of help from one of the participant toward a runner in danger, the runner who did not gave help to the person in danger will be disqualified from the race!

First-aid workers and the official doctor are especially able to disqualify (by invalidating the bib) any participant not anymore able to run the race and evacuate any runner they will consider in danger and this by any means. If you give up the race, it is necessary and mandatory to warn the closer checkpoint and bring back your bib. If you give up before a checkpoint, you have to come back to the previous checkpoint and warn someone. While coming back on your track, if you meet people who are closing the race, they will be the ones to invalidate your bib. From this time, the runner is not anymore under the responsibility of the organisation.

Any runner wanted to continue the race after being disqualified will be able to finish the race only after having returned his bib. The runner will pursue the race by his own responsibility and in complete self-reliance.

The organisation is not responsible of accident or successive dizziness due to bad health conditions.

## **REFRESHMENT STATIONS AND CHECKPOINTS**

The races are regarded as individual semi self-sufficient races. Self-sufficiency is defined as the ability to be self-reliant between 2 checkpoints in terms of feeding. The runner will have acquired this self-reliance through his previous experiences.

Two types of refreshment stations will be proposed:

- "Complete refreshment station": drinks, tea, cakes, chocolate, fruits, crackers, "saucissons" (dried sausages), cheese, bread.
- "Drinks' refreshment station": water, juices, soda.
  - o "Tignes Hard": 1 complete refreshment station at the top of Tovière, in the arrival of the gondola.
  - o "Tignes Trail 12km: 1 drinks' refreshment station at the top of Tovière.
  - o "Tignes Trail" 20km: 1 drinks' refreshment station at the top of Tovière + 1 complete refreshment station next to the arrival of the race of 12km + 1 drinks' refreshment station at the top of Palafour.

## **RUNNERS' ASSISTANCE**

Runners' assistance is allowed on the race where there is the complete refreshment station. This assistance will have to be close to this refreshment station (maximum 20 meters before or after the point). People in charge of this assistance will have to be careful to not disturb the good execution of the race. Penalties will be given to the concerned runners in case of lack of respect of this rule!

## **CHANGING ROOMS AND SHOWERS**

Showers will be available for runners in Tignespace. You will have access to these showers thanks to a ticket given to you while getting your bib.

## **AWARDS CEREMONY/PRIZES**

For each race, a general ranking men/women will be established.

"Tignes hard" awards ceremony will take place on Saturday 18<sup>th</sup> August at 5:00pm.

"Tignes Trail" awards ceremony will take place on Sunday 19<sup>th</sup> August at 3:00pm.

For "Tignes hard" a prize will be given to the 3 first women, the 3 first men and the 3 first duo.

For "Tignes Trail" 12km and 20km a prize will be given to the first of each category.

## **ENVIRONMENT**

Participants and accompanists or public are in protected natural spaces where specific rules need to be respected. You will be able to get all the further information at "l'Office de Tourisme" in order to ensure the good execution of the event and respect the following rules:

- It is prohibited to throw away rubbish anywhere. Waste sorting bins will be available, please use them.
- It is prohibited to use means or objects which by their noise, could disturb animals and the quietness of the place.
- It is prohibited to use means or objects which by their light, could disturb animals and the quietness of the place. Individual mobile lighting and lighting used to ensure good conditions in case of emergencies are allowed.
- You must respect the prohibition of not taking shortcut through the existing trails/paths, to avoid erosion.

## **PENALTY – DISQUALIFICATION**

Managers of every checkpoints and food supply points are entitled to ensure the respect of these rules. They are also entitled to immediately disqualify a runner in case of non-respect of those:

- Refuse to/Do not pass by checkpoints
- Shortcut considered as considerable time saving
- Throw away rubbish (deliberate act) by a participant or a member of his relatives/relations
- Non-respect of people (organisers or runners)
- Failure to assist someone in difficulty/danger
- Cheating (examples: use of transportation means, sharing of bib, etc.)
- Refuse to obey to the board of directors, checkpoints' managers, doctor or first-aid workers
- Leave a checkpoint after the time limit
- Non-respect of specific rules of the event
- Mandatory equipment missing
- Any other failure to the whole regulation will be punished by the race's jury

## **INSURANCE**

### **Liability (civil responsibility)**

The organiser has subscribed a liability insurance for the duration of the event. This liability insurance guarantees the financial consequences of its responsibility, of that of its officials and of the participants.

### **Individual accident insurance:**

Every participant has to possess a personal accident insurance covering potential research and evacuation fees in France. The participant is free to choose the society he prefers in order to subscribe this insurance.

Helicoptered evacuations have to be paid by the participant. Evacuation choice depends only on the organisation that will always favour runners' safety.

## **REGISTRATION MODIFICATIONS AND CANCELLATION**

### **Registration cancellation**

Any registration cancellation has to be done either online on the registration website, or by e-mail or mail. No cancellation will be accepted by phone or fax. Cancellation fees of 5€ will be asked.

It is not possible, in any case, to exchange, give or resell your bib, neither before nor during the race. The participants register for the race are not allowed to be replaced or represented by someone else.

### **Registration cancellation in case of injury**

If the participant has been injured after the registration done and if the injury cannot be healed before the day of the race (and only in this case) the organisation advises to the runner not to put his health in danger, and cancel his race. The runner will then have the possibility to ask the organisation to reschedule his participation to the following year.

In order to reschedule his race, the runner will have to submit a request to the organisation's medical board. This request will need to be composed of a detailed medical report/file. If the medical board approves the request, the runner will get a booking priority for the following year (for the same race). The medical board is the only person able to accept or refuse requests linked to reschedule and no negotiations are possible.

You have to send your request and the medical report to the following email address: [evenements@tignes.net](mailto:evenements@tignes.net) , at the latest 10 days after the race. Requests are examined within 2 months following the event.

### **Complaints**

Any complaint has to be written only by the implicated runner. This runner has to give his complaint to the race HQ within 30 minutes after crossing the finish line. Complaints from accompanists or spectators will not be accepted, in any case.

### **Race modifications/Cancellation**

The organisation is allowed to modify, at any time, the departure hours and the time limits, the course, the location of aid post and food supply points, without prior warning.

In case of bad weather conditions or for safety reasons, the organisation can be obliged to change the course for all the participants and perform the races on another course.

In case of extreme conditions, the organisation is allowed to stop a race in progress. It is also allowed to cancel all the races of the event. In this specific case, participants will be reimbursed of 50% of the price of their registration.

## **COPYRIGHT**

Every participant gives up his copyright of all pictures taken of him during the event. The runner also gives up the right to take action against any use the organiser will make of these pictures.

Any communication about the event or the use of pictures of the event will need to be done respecting the event, trademarks and with the organisation's formal agreement.

**Contact us:** [evenements@tignes.net](mailto:evenements@tignes.net)